MULTIMEDIA UNIVERSITY

STUDENT ID NO

MULTIMEDIA UNIVERSITY

FINAL EXAMINATION

TRIMESTER 2, 2019/2020

PSE0025 – SOCIAL AND EMOTIONAL HEALTH

(All Sections / Groups)

5 MARCH 2020
2.30 P.M. – 4.30 P.M.
(2 Hours)

INSTRUCTIONS TO STUDENT

1. This question paper consists of **TWO pages.**
2. Answer **ALL** questions.
3. Write your answers in the Answer Booklet.

STRUCTURED QUESTIONS [100 MARKS]

Instructions: Answer **ALL** questions. Write your answers in the Answer Booklet.

Question 1

Zay: Hi, Amy. Would you like to join me and my friends for a movie?
Amy: Hi, I don't know any of your friend.
Zay: It's alright. I'll introduce them to you.
Amy: Never mind. I'll just stay alone. There's no pint building relationship with strangers.
Zay: Amy, being alone all the time is unhealthy. We need to make some friends. Friendship brings a lot of benefits.

a) Elaborate Zay's point when she said "Friendship brings a lot of benefits".

(10 marks)

b) Explain **FIVE (5)** characteristics of healthy relationships.

(15 marks)

Question 2

Father: Congratulations on your graduation, son. Tell me, beside technical knowledge and skills, what have you learn throughout your college studies?
Alex: Thank you, dad. I believe I have gone through psychosocial development as suggested by Chickering and Reisser (1993). To complete my studies, I need to have different types of competence. I also learnt about interdependence as most coursework are in groups. I also develop integrity as it is the foundation for me to build relationships.

a) Discuss **THREE (3)** types of competence that Alex meant.

(9 marks)

b) Discuss the **THREE (3)** stages that Alex experienced to move through autonomy toward interdependence.

(9 marks)

Continued...

Question 3

Sharon: I have just quarrelled with my sister. She kept on repeating that I don't care about her feelings. I don't even understand my own emotion sometimes. How can she expect me to understand hers?

Rita: You need to work on your emotional intelligence. There are actually five major parts altogether.

a) Discuss the **FIVE (5)** major parts of emotional intelligence that Rita mentioned.

(15 marks)

b) If you were Rita, discuss your advice to Sharon by involving the **FIVE (5)** major parts of emotional intelligence.

(15 marks)

Question 4

Connie and Cindy are sisters. They enjoy learning and they have similar academic achievement even though their learning approaches are different from each other. Connie likes to interact with her teacher and friends during the class while Cindy prefers to observe from a distance.

a) Name the theory related to Connie's learning approach?

(3 marks)

b) Discuss the **THREE (3)** major themes related to your answer in Question 4(a).

(12 marks)

Question 5

To cope with our life's challenges, it is important for us to be happy, self-confident, self-aware, and resilient. In other words, we should take care of our emotional health.

Discuss **FOUR (4)** benefits of good emotional health.

(12 marks)

End of Paper